

Des Moines

Normandy Park

Activity Center

Peace and Happy Holidays from all of us at Des Moines Activity Center,
Sue, Abbie, Charisse, Brenda, Peggy, Francisco and Gloria!



www.desmoineswa.gov



www.ci.normandy-park.wa.us

NOVEMBER / DECEMBER 2009

2009 Des Moines City Council

Bob Sheckler, Mayor

Dan Sherman, Mayor Pro-tem

Dave Kaplan

Carmen Scott

Scott Thomasson

Ed Pina

Susan White

City Manager

Tony Piasecki

2009 Senior Advisory Committee

Advises the Des Moines City Council on policy and budget issues related to senior services, keeps the City Council informed on issues that impact all Des Moines seniors. To share your concerns and questions; call Des Moines Activity Center, 206.878-1642 or contact committee members:

Natalie Wilcox McCann @ 206.870-6660

Susan White; Swhite@desmoineswa.gov.

Kaylene Moon, Chairman

Rena Hamburger

Rachelle L. Mendoza

Natalie Wilcox-McCann

Susan White, Council Representative

Don Harper

Gloria Nava

Mack Van Wyk

**Welcome**

The Des Moines Activity Center is a friendly place where adults come together for services and activities that reflect their experience and skills; respond to their diverse needs and interests; enhance their dignity; support their independence and encourage their involvement in and with the Activity Center and the greater Des Moines community.

Des Moines Activity Center:

Mail Address: PO Box 98576

Des Moines, WA 98198

www.desmoineswa.gov**Monday - Friday**

8:00 AM - 4:00 PM

206.878.1642

Fax: 206.878.2260

Program Locations:

DMAC—Des Moines Activity Center..... 2045 S. 216th St.

DMFH—Des Moines Field House..... 1000 South 220th Street

WG—Wesley Gardens 815 S. 216th St. (South side of 216)

Program Registration:

Advanced registration and payment required. Please note: classes may be cancelled if registration is insufficient.

Register by Phone, Mail-in or Walk-in during office hours.

We accept payment in:

Cash — please bring in the exact amount.

Checks — payable to City of Des Moines.

Visa/MasterCard

Did You Know? Scholarships are available from **Des Moines Legacy Foundation** for most activities, call 206-878-1642 for more information.

Facility Rentals:Call Parks & Recreation Office: 206.870-6527 or visit www.desmoineswa.gov.**Refunds/Credits:** *You have until January 1, 2009 to use your credit!*

A full refund or credit will be issued for any program that is cancelled by Des Moines Activity Center. If a participant cancels and requests a refund, a \$10 processing fee will be deducted from the refund.

Inclement Weather Policy:

Listen for Highline School District information on the news.

* If Highline School District is **closed**—all programs & services are canceled.* If Highline School District is **running late**—all morning programs & services are canceled.

* Our phone message is updated regularly during inclement weather.

Activity Center Staff

Patrice Thorell, Park & Recreation Director

Sue Padden, Senior Services Manager

Abbie Nielsen, Recreation Coordinator

Charisse Gregory, Office Manager

Brenda Anders-Larson, Senior Shuttle Coordinator

Peggy Strain, Nutrition Coordinator

Francisco Briseno, Nutrition Latino Coordinator

Des Moines Activity Center is funded and provides services through the cooperation of the cities of Des Moines and Normandy Park, partnership with Senior Services of Seattle and Catholic Community Services through the generous contributions from our many participants.

Disclaimer: This newsletter is for informational purposes only. The City of Des Moines does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.

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Holiday Closures

Veteran's Day: Wednesday, November 11
 Thanksgiving Thursday & Friday, November 26-27
 Christmas: Thursday & Friday, December 24-25
 New Years: Friday, January 1, 2009

Annual Building Maintenance Closures:

Wednesday, December 23 @ 2:00PM—Monday, December 28

2010 DES MOINES CALENDAR SALE

Cost: \$5.00

At DMAC & Des Moines Field House

Make checks payable to
Des Moines Legacy Foundation

Proceeds Benefit
Des Moines Legacy Foundation

Dear Friends,

The Des Moines Legacy Foundation strives to enrich our community and enhance quality of life by supporting the efforts of the City of Des Moines Parks, Recreation and Senior Services to preserve our environment, nurture our children and create a sense of community for our older adults.

In 2009 Des Moines Legacy Foundation in partnership with Parks, Recreation and Senior Services supported vital programs and services for the citizens of Des Moines and Normandy Park including:

- Free dental care through the Medical Teams International.
- Free Emergency Preparedness Kits & crank flashlights for low income seniors.
- Program Scholarships for low income youth and seniors.
- Volunteer Appreciation for Des Moines Activity Center Volunteers
- CPR/first aid training and defensive driving/passenger safety classes for volunteer Senior Shuttle drivers.
- Funding to support the launch of Elder Watch's abuse, awareness & education program with South King Co. Fire & Rescue.
- Augmenting Meals on Wheels deliveries with fresh fruit and other treats!

Your tax deductible donation to Des Moines Legacy Foundation, a 501c3 non-profit, can be directed to support youth and senior scholarships or to sponsor a specific recreation or senior services program; contribute to park amenities such as play equipment, picnic tables and memorial benches; rehabilitate the historic Field House Grandstand or to support community events such as Fireworks Over Des Moines and the Des Moines Farmers Market. Your investment at any level will help the legacy continue!

Sincerely,

The Des Moines Legacy Foundation Board of Directors

Thank you for contributing to your community - together we will make a lasting difference!

Donations may be mailed directly to Des Moines Legacy Foundation PO Box 13582 Des Moines, WA 98198



It's A T.P. Party!

December 1—18

At Des Moines Activity Center

We are putting some pizzazz into the Food Bank's Holiday distribution bags with gift wrapped toilet paper and boxes of Kleenex!

Food Bank staff notes that low-income families are focusing on budgeting for food staples so extras like toilet paper will be appreciated!.



Jazz-Up-Your-Holiday-Sale

Begins Monday, November 30
Continues until sold-out!

Des Moines Activity Center's Des Moines Creek Room

Check out our eclectic collection of:
Art, Crafts, Collectibles,

Gently Used, Elegant Holiday Attire

Home-Made Baked Goods * Theme Baskets

****Will you bake an extra batch of cookies, holiday bread, or cake to donate to our sale?**

**DES MOINES/NORMANDY PARK SENIOR SHUTTLE****CALL: 206-727-6262 TO BOOK YOUR RIDE!**

Providing rides for seniors 60 and over to **medical appointments, grocery shopping, banking, and the Activity Center**. Rides are on a first come basis. There is no application to fill out - just sign up for service by phone.

Suggested donation: \$4.

*Seniors Age 60 & up**Operates Monday-Friday**9:00AM-4:00PM***VOLUNTEER TRANSPORTATION**

206-448-5740

Providing transportation to medical, dental, eye, foot care and essential appointments. Please call at least 1-week in advance.

Available Monday-Friday

9:00AM-4:00PM

*Suggested donation: \$4***SENIOR INFORMATION AND ASSISTANCE 206-448-3110**

Friendly, confidential advice and answers to your questions - One phone call connects you to the right resource from among the 7,000 resources in the data bank. *FREE*

STATE HEALTH INSURANCE BENEFITS ADVISORS**& SENIOR RIGHTS ASSISTANCE**

Call 206-878-1642

A trained volunteer offers information and assistance on senior health insurance benefits and estates and can assist you with problems on Medicare, Medicaid, offer information on Medigap, long term care, and group insurance.

*2nd Tuesday Monthly**9:00AM-12:00PM**FREE***MEALS ON WHEELS**

Home delivery of frozen microwavable meals is available for persons age 60+, home-bound and/or unable to prepare balanced meals. *Choose from 20 dinner & 5 breakfast options.*

\$3.00/per meal suggested donation.

Also available are liquid supplements for an additional fee. Call for an application or to place a weekly order. Applications are available @ www.seniorservices.org

LEGAL HELP IS A PHONE CALL AWAY!

Dial **2-1-1** for Information and Referral for Civil (Non-Criminal) Legal Services in King County.

*Monday-Friday**8:00AM-6:00PM*

Deaf/hearing-impaired? Call: 1-800-833-6384 or 711.

OTHER TRANSPORTATION RESOURCES FOR OLDER ADULTS

METRO BUS PASSES:

Applications for Regional Reduced Fare Permit available for individuals age 65+ or disabled adults.

METRO ACCESS - Transportation \$1.00/trip

Curb-to-curb public transportation and assistance getting on and off the vehicle for Americans with Disabilities. Days and hours match regular bus service. Advance reservation required.

Call 206.263-3113 for an application or download one @ <http://transit.metrokc.gov/tops/accessible/accessible.html>

IN-HOME WATCH PROGRAM sponsored by Elder Watch

Designed for seniors living alone, *In-Home Watch* features a weekly phone call or home visit by a volunteer checking to insure the senior is well and their needs are being taken care of. Elder Watch hopes this program will prove helpful during disasters or emergency situations.

Call Elder Watch, 253.946-7338 to sign-up.

DO YOU SUSPECT ELDER ABUSE?

Do you think a neighbor, friend or relative may be a victim of financial or physical elder abuse?

Community Resources for Information & Help

Adult Protective Services:	206.341-7660
Des Moines Police:	206.878-3301
Normandy Park Police:	206.248-7600
Washington State 24 Hour Hotline:	1-866-363-4276
ELDERWATCH:	253-946-7338
www.publicsafe.org/elderwatch	

We Are ComfortKeepers®

Providing an extensive range of in-home care that will help you maintain a meaningful and independent life in the comfort of your own home.

IN-HOME CARE SERVICES**FREE IN-HOME CONSULTATION****Contact Us at**

www.comfortkeepers.com 253-945-1400

Companionship	Transportation	Medication Reminders
Cooking, Light	Laundry	Personal Care Services:
Housekeeping	Recreation, Crafts	Bathing, Hygiene
Errands, Shopping	Grooming & Dressing	Incontinence Care

SAFE DRIVERS COURSE

A classroom-only safe driving course. You must attend the *full* day to receive a certificate, which may entitle you to a discount on your auto insurance. *A sack lunch is recommended!*

Instructor: Leonard Bisconner

DMAC

Cost: Must bring your current AARP card to class!

\$12 w/current AARP Membership Card,

\$14 w/o current card

+\$2 suggested donation to DMAC

Saturday: November 21 (no December class), January 16

FALLS PREVENTION

Are you age 60+, live independently* and have either fallen or are at risk of falling at home? Schedule a home visit and learn how to reduce the risk of injury as well as get assistance with installation of risk reducing devices.

Call South King Fire and Rescue at 253-946-7337

**Must live in Des Moines or greater Federal Way.*

SUPPORT GROUPS**ALZHEIMER'S SUPPORT GROUP**

Focusing on discussion, education and the sharing of information and ideas for caregivers of loved ones with memory loss, dementia and Alzheimer's Disease. The Alzheimer's Association provides the facilitator training. Call 206-824-1770 for more information.

2nd Monday of each month

1:00PM

Normandy Park Congregational, United Church of Christ.

CAREGIVER'S SUPPORT GROUP NEW DAYS!

Drop-ins welcome. We encourage each other, share experiences and exchange practical information at this supportive group. Our caregivers have loved ones at home, nursing facilities and others living far away. We explore ways to preserve our own health, strength and sanity. Call 206.878-1642 to register.

Tuesdays: 11/3, 12/1 1:00-2:00 PM

Facilitator: Joan Hardiman, MSW

DIABETES SUPPORT GROUP John's Back!

No one wants to have diabetes BUT the good news is the disease can be managed. It is not easy dealing with diet, exercise, testing blood sugar and at times can be quite overwhelming. Come to the group prepared to share your successes and failures in a friendly atmosphere. The emphasis will be on topics participants are most interested in. Call 206-878-1642 to register.

Co-facilitators: John Carroll & Kathy Heath, who also have type II Diabetics.

Thursdays: 11/12, 12/10

**HEALTH AND WELLNESS APPOINTMENTS****FOOTCARE**

Mondays 8:30AM-12:00PM

30 minutes

DMAC Please bring a towel.

\$30

MASSAGE — provided by Aruba J. MindBody Wellness

Friday, November 6, December 11 10:00AM-1:30PM

\$27

BLOOD PRESSURE CHECKS

2nd & 4th Tuesdays, Monthly

\$1 suggested donation

10:30AM-12:00PM

No appointment needed.

LOW COST DENTAL CARE—www.geriatricdental.org

Geriatric Dental Group offers reduced cost dental care for seniors 55 and over. Call 253-839-1300 for more information.

MONTHLY DENTAL VAN

Grace Lutheran Church, Medical Teams International and Des Moines Legacy Foundation, offers FREE dental van service to eligible clients of all ages: Basic dental care is offered to patients who have no dental insurance or are low income. *Proof of income is required.* For more information or to pick up a dental application, call 206-878-1642. Applications must be submitted prior to appointments for screening. *Dates: November 20 & December 18.*

VETERANS ASSISTANCE

Veterans and their families can get assistance in applying for their VA benefits. Call 253-859-6439 for an appointment, or drop in on a first come first serve basis.

Facilitator: Jeanette Moen

1st Tuesday monthly

9:00—10:00AM

DMAC

VISION SCREENINGS by Evergreen Eye Care

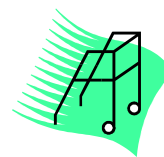
FREE eye exams and eye glass cleaning. Please call for a 15-minute appointment.

\$1 suggested donation

Wednesday, November 4

11:00—12:00PM

DMAC

CHECK OUT OUR MEDICAL LENDING CLOSET!

Need medical equipment?

Our Medical Lending Closet offers assorted equipment including bath benches, bedside commodes, wheelchairs and walkers etc. for short-term use.

Suggested donation:

Range \$5 - \$25

TIRED OF BEING ALONE ON HOLIDAYS?

Try something new:
A Holiday Meal with Neighbors!

Spice up your holiday and enjoy a delicious meal at one of three local retirement communities!

Adults: Single, age 60 or better!

\$6.00 suggested donation* payable at time of registration.

Thanksgiving

Thursday, November 26

Christmas

Friday, December 25

Location & times will vary depending on available space. You will need your own transportation.

Register:

Call 206.878-1642, Monday-Wednesday 8:00AM-12:00PM

Co-sponsored by Des Moines Activity Center, Des Moines Legacy Foundation, Judson Park, Wesley Homes and Fernwood at the Park in Normandy Park!

**confidential scholarships available*



Spaghetti Night Memories!

Thank you for helping us raise \$1,000!

WE APPRECIATE YOUR GENEROUS GIFTS!

Senior Advisory Committee for hosting the Des Moines/ Normandy Park candidates forum. Remember: Election Day is November 3, 2009!

Mike Regeimbal, local attorney for 16-years facilitating **Legally Speaking**, a free, informative monthly presentation.

CarFit Volunteers, *Dick Body*, coordinator, *John McEvoy*, *Gordon Olson* and *Scott Eliason*.

Ruth Hunt and *Ruth Heaton* for helping with our **Flu Shots**.

Bonnie Reister and *Harvey James*, dedicated **Golf** drivers and our **Golf** planners, *Bonnie Reister*, *Ruth Hunt*, *Jean Fitchitt* and *Sharon Bragg*. Our very popular golfing program will begin again in April 2010!

Spaghetti Night Volunteers: *Brenda Anders-Larson*, *Jobie Girls: Cassie Larson*, *Amber Gregory*, *Ray Clarke*, *John McEvoy*, *Evie Bjorlo*, *Cordy Barney*, *MaryAnne Pray*, *Neal Wold*, *Ramona Shierk*, *Ruth Hunt*, *Ruth Heaton*, *Virginia & Bob Bird*, *Judy Wattenberg*, *Mickie Stites*, *Lyn Edwards (and grandson Drew)*, *Arna Comer*, *Barbara Cornwall*, *Deborah Barrette* and *Philip Woody*; donations from *Rita & Scott Eliason*, *John McEvoy* and *Ray Clarke*; and our fantastic sponsors: **Athens Pizza & Pasta**, **Dino's Greek & Italian Restaurant**, **B&E Meats**, **Taco Time** and our own **Inge Schweitzer** and **Safeway—You Are Awesome!**

Kim Parks & Normandy Park Senior Living and *Bunny Frisvold* for donating our **2009 Fall Raffle** prizes: which earned us \$4xx! And, congratulations to our winners *John Corr* (Safeway Gas Card) and *Evie Bjorlo* (Quilt)!

Sally Kearney and *Mickie Stites* loaded up #500 in food and \$230 for the **Des Moines Food Bank Backpack Project**, **THANKSTO ALL OF YOU.**

Northwest Symphony Orchestra—tickets for the symphony.

Medical Lending Equipment: *Randy Stratton*, *Bonnie Baker*, *Gloria Ross*, *Frank Engelhardt*, *Robert Coxcard*, *Mr Price*, *David Nicols*, *Gus Jarick*, *Jan & Everett Sluga*.

Yummy treats: *Diane Williamson*, *Moana Swanson*, *Elouise Lauritsen*, *Bill Lewis*, *Betty Holt*, *Bob O'Brien*, *Thomas Smith*, *Evelyn Cook*, *June* and *Leslie Teeters*.

Supplies: *Cordy Barney*, *Ray Clarke*, *Maddie Fulton*, *Phyllis Hansen*, *Mary Jo Wagner* and *Inge Schweitzer*.

Office Supplies: *Betty Ryan* and *Linda Schirk*

Greeting Cards: *Judy Wattenberg*

Love the **festive fall look** complements of *Mickie Stites* and *Judy Wattenberg* with donated pumpkins from **Furney's Nursery** and dahlias from *Patti Eckhoff's* garden

THE LAND OF Wii

BOWLING

Come cheer on our Des Moines Sparklers Bowling team!

Home Matches are:

Tuesdays, November 10, December 1 & January 12 @ 10:00AM

Check out the January/February Newsletter for more home game dates!



Wii Bowling—Drop-In Times (may fluctuate due to league and pick-up games.)

Monday - Wednesday 10:00—2:00PM

FAIRWEATHER GOLF

CHECK IT OUT

NEW



Come test the fairway and discover golfing without the rain! If interest is sufficient, indoor Wii Golf will be incorporated into our Winter Schedule!

Monday, November 9 10:00—11:30AM

DMAC

COED VOLLEYBALL

Enjoy a lively workout with other older adults!

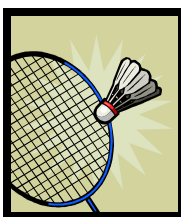
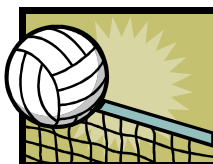
Open to all levels of play.

Monday/Wednesday

1:00—3:00PM

Des Moines Field House

\$2/drop-in Fee.



BADMINTON OR BASKETBALL ANYONE?

Interested in being a volunteer activity leader for indoor activities for older adults at Des Moines Field House?

Contact Abbie at Des Moines Activity Center to discuss possibilities!

OUR WISH LIST:

8 1/2 x 11 copy paper

11x17 60# copy paper

Small paper napkins & plates

Tea bags

Decaf Coffee

Pretzels

Kleenex

Coffee Stir Sticks

Holiday tissue paper

Gift wrapped Toilet Paper & Kleenex

For our T.P. Party—see page 3

Homemade Bakery Goods for our Holiday Sale!



Enhance Fitness®, sponsored by Group Health, and Senior Services is specifically designed for older adults to improve physical conditioning levels; to decrease the risk of falling, and features stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required (no sandals) and a water bottle is recommended.

Instructor: Mary Brown

DMFH

Days: Tuesday/Thursday/Friday

Times: 8:05 - 9:05AM or 9:30 - 10:30AM

Dates/Cost:

November: 11/3—24

\$22

December: 12/1 - 18

\$18

No classes 12/22/09—1/02/10

FOR PAYMENT OPTIONS CALL 206.878.1642

WALKING GROUP

Lace up your walking shoes—rain or shine for a brisk walk departing from DMAC. The group decides where to go for a local area walk, rain or shine! Note: Walking inside the Des Moines Field House is an option on rainy days.

Welcome Walking Leader, Wilma Matz

Tuesdays 10:30AM

\$1donation

Remember:

You have until January 1, 2009 to use your credit!

TRIP REGISTRATION

INFORMATION:

Trip Fee:

Includes event admission, transportation and escort expenses.

No-Host: means lunch on your own.

Trip Registration: Registration is first come first served.

Trip Cancellation: A full credit/refund will be issued if DMAC cancels a trip.

A \$10 processing fee will be charged for day trips canceled by participants.

Please read travel policies for trips.

NO substitutions are allowed.

Cancellations are filled from our trip waiting list only!

Special Requirements: Participants needing special assistance must have a companion, willing and able to provide the required help, also sign up for the trip. Wheelchairs are available to take on trips. Hosts and drivers are *not* responsible for pushing wheelchairs.

Parking: DMAC is not responsible for cars left in our parking lot during trips.

Coming in 2010

Cruise the Panama Canal

via Holland America.

call 206.878-1642 for information!



Up for a trip to The Portland (Oregon) Rose Festival?

Friday, June 11—Saturday, June 12

Highlights include, overnight and indoor seating for the parade

Estimated cost \$150 which includes hotel, parade tickets.

Expect additional surprises!

Get your Name on the Interest List by February 1, 2010.

@ Des Moines Activity Center's Office



SENIOR SHUTTLE—EXTRA'S

MUCKLESHOOT/BINGO HALL MONDAY!

Mondays: November 9, December 14

Departures begin @: 9:00AM

Suggested Donation: \$4.00

Return Departure: 3:00PM

Muckleshoot Indian Casino/Bingo Hall Auburn!

We'll pick you up and have you there in time for the noon Bingo session. Don't want to play BINGO? We will drop you off at the Casino! Enjoy non-smoking or smoking, your choice!

We provide transportation only; food and fun are on your own!

Call 206-727-6262 to reserve your seat.

SENIOR SHUTTLE MALL RUN TRIPS

No Trips In November/December

REGEIMBAL, McDONALD

P.L.L.C.

Attorneys-At-Law

P.O. Box 98702

612 S 227th St (206) 824-5630

DES MOINES, WA 98198 FAX (206) 824-9096



The Sound View for Senior Living

Residential Living • Assisted Living • Skilled

206-824-4000

23600 Marine View Drive South, Des Moines, WA 98198

Hotel Murano - Tacoma

After you enjoy a no host lunch at the hotel, tour the hotel's fabulous Glass Art Treasures. Conde Nast Travel Magazine awarded Hotel Murano the #6 best hotel in the United States!

Tuesday, November 10 1:30AM-4:00PM \$13

Red Wind Casino - Nisqually

Enjoy the games at the casino and your no-host lunch.

Wednesday, November 18 8:30AM-4:00PM \$12

Federal Reserve Bank, Renton

Overview of the Federal Reserve System, a pictorial history of the Seattle Branch, a historical currency display and the Branch's cash operation. Photo ID required, cameras or camera phones prohibited. No host lunch.

Tuesday, November 24 9:00AM-3:00PM \$8

Emerald Queen - Tacoma

Have fun at this newly renovated casino. No Host Lunch

Tuesday, December 1 9:00AM-4:00PM \$5

Uptown Glassworks (Glass Blowing) - Renton

Blow your own glass ornament after enjoying a tour of the facility. Ornament cost extra. No Host Lunch

Tuesday December 8 9:15AM-3:15PM \$8

Old Goat Farm Garden and Nursery - Graham

The 100 year-old farmhouse is a holiday wonderland with years of collections of holiday décor. Fee includes tea at the farm.

Friday, December 18 11:00AM-4:00PM \$25

African American Museum - Seattle

Experiencing the journey into our region's unique African American heritage and culture is well worth the visit. No Host Lunch.

Wednesday, January 13 10:30AM-4:00PM \$13

**Get your 2010 Newsletter by US Mail
hot off the press!**

COMPLETE MAILING ADDRESS BELOW:
(PLEASE PRINT)

Name: _____

Mail
Address: _____

City: _____ State: _____ ZIP: _____

Return to: PO Box 98576, Des Moines, WA 98198

Phone: (_____) _____

To receive FREE email delivery of a PDF version of
our newsletter contact anielsen@desmoineswa.gov

HORTICULTURE OUTINGS

Explore northwest gardens and enjoy informative lectures.

Fridays 10:00AM unless otherwise listed.

Cost: \$8—Trips via DMAC Van
\$3—Lectures @ DMAC

Nov. 13 Lecture: *Honey Bees* by Michael Stanley and a Federal Way Community Garden update.

Nov. 20 Lecture: *How Birds Are Counted* by Leonard Peyton, formerly with the Institute of Arctic Biology in Fairbanks, Alaska and a registered bird bander.

Dec. 11 Molbak's holiday display. *Lunch nearby.*

Jan. 15 Video of Japanese Gardens by Irene Peyton

Jan. 22 Program Topic: *Dahlias* by Donna Winson followed by questions, answers and group discussion.

Trips require advanced registration!



OUT TO LUNCH
"NO-HOST" LUNCH
\$8 EACH

Dahlia Lounge - Seattle

Friday, November 6 10:45AM-2:30PM

Gateway Cottage - Tacoma

Friday, December 11 10:30AM-3:00PM

Chandler's Crabhouse - Seattle

Friday, January 8 11:00AM-2:30PM

SAVE THESE DATES!

METRO LIGHT RAIL TRAINING & OUTING

Wednesday, February 3— Mandatory Information Session

Friday, February 5—Travel via LIGHT RAIL to NW Garden Show
or Westlake/down town shopping.

Details available in the January/February Newsletter!

SUNDAY DANCES

Des Moines Activity Center

1:00—3:30 PM \$5

Slip on your dancing shoes and join us for dancing to live big band music featuring:

November Randy Litch

No Dance in December.

Next Dance January 24, 2010

Refreshments brought by:

November 22 Last Names A-M

January 24 Last Names N-Z

Please help defray Dance expenses
by donating:

*7" paper plates, 8oz foam cups,
small napkins and drip grind coffee!*



Coming in January:

PIECING & QUILTING

Continuous Hand-sewing Classes

"My goal is to turn on the creativity in people!" notes instructor Jo Anne Kirkland, who has taught numerous piecing & quilting workshops at the Burien Library.

The course covers working with geometric shapes, quilt-as-you-go block plus construction information.

Tuesdays: January 12, 26, February 8 & 22, 2010 10-12AM

Instructor: Jo Anne Kirkland \$12.00

Pre-registration required!

WESLEY GARDEN'S DROP-IN COMPUTER LAB

WITH VOLUNTEER MONITORS TO ASSIST YOU!

Monday/Wednesday/Fridays

9:00-11:30AM and 1:30-4:00PM

Saturdays 9:00-11:00AM \$1 donation

LAB FEATURES:

4-new computers with 23" monitors

And by January 2010 the new computers will feature Windows 97

Thank you - Des Moines Legacy Foundation for

funding our new equipment and software!

COMPUTER TUTORIALS

Schedule a one-one customized tutoring session on topics such as: Excel Formatting, Formulas & Functions, Computer Security, Word Formatting, Tables or a topic of your choice.

Note: In-home consultation or tutoring is not available.

Tuesdays

Call 206.878-1642 to schedule

Instructor: Kim Klose

\$26/1-hour

Location: Wesley Garden's Computer Lab

CLOGGING

Learn the true American folk dance, Clogging. Originating in the Appalachian Mountains, this dance has evolved to use many kinds of music. Clogging experience is required or basic knowledge of tap. Class held at Private Studio.

Instructor: Dixie Dandurand 10:00-10:50AM

Mondays, November 16-December 21 \$44

2009

Seattle Zoo & Aquarium Tickets Available!

Free admission for seniors only.

Two tickets per person.

Pick yours up at the Activity
Center! office.



Green
Licensed
Housecleaning Service



Non-Toxic and
Environmentally Safe
Supplies Provided.

Karen Tiefenthaler
206-592-9774 Home
206-280-0245 Cell

MOVIES & POPCORN

Cost: \$1 Suggested Donation

Show time: 1:00PM

Date: 1st & 3rd Thursdays

Location: DMAC

Movie coordinator, *Madeleine Fulton*, would appreciate your movie suggestions!

November 5: Pink Panther 2—stars Steve Martin. Inspector Jacques Clouseau tries to stop a globetrotting thief as *only* he can!

November 19: Duplicity—stars Julia Roberts & Clive-Owens. Two rival spies compete for a secret prize and fall in love at the same time

December 3: Angels and Demons—stars Tom Hanks. Sequel to the book and movie "the Da Vinci Code". Excellent drama, suspense and beautiful scenes shot in Italy's famous historic landmarks.

December 17: The Proposal—stars Sandra Bullock. A pushy boss tries to evade deportation back to her home country by entering into a marriage of convenience with her young assistant.

January 7: Planet Earth - enjoy the complete series of the Discovery Channels award winning Planet Earth series. We will begin this month featuring **Water**. See our planet in all its wonder and glory.

**Movies donated by
Burien Hollywood Video**

FUN & GAMES

\$1 Suggested Donation



Mondays

Ham Radio	9:00 -10:00AM
Hand & Foot Cards	1:00-4:00PM

Tuesdays

Knitting (1st)	2:30-4:00PM
Wii Bowling	10:00-12:00AM
Mexican Train Dominos	1:00-4:00PM

Wednesdays

Artists "R" Us (begins Dec 2)	9:00-11:30AM
American Mah Jongg	12:30-3:30PM
Wii Bowling	10:00AM-2:00PM
Bridge	1:00-4:00PM

Thursdays

SeaMar Latino Activity	11:00AM -2:00PM
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Fridays

Pinochle	1:00-4:00PM
Duplicate Bridge* <i>except Dec. 4</i>	10:00AM-2:30PM
Hand & Foot Cards	1:00-4:00PM

****Call the Center to register**

Interested in learning *Phase Ten*? This card game, based on a variant of Rummy, uses either a special deck or two regular decks and can be played by between two and six people. Players advance through ten phases in order to win. (per Wikipedia)

Please sign our interest list in the front office and look for scheduling information in the January newsletter.



RETIREMENT COMMUNITIES & HEALTH SERVICES

for people who love life

At Wesley Homes, there has never been a better time to learn, contribute and grow.



815 S. 216th Street
Des Moines 98198
206.824-5000
Wesleyhomes.org



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BE PREPARED FOR EMERGENCIES!

DES MOINES
ACTIVITY CENTER
2045 S. 216th
P.O. BOX 98576
DES MOINES, WA 98198

✓ **Stock up.** Have a 2-week supply of food and water. Buy and store items as time and money allow.

♦ Get foods that are nonperishable, and require little preparation or little or no water.

♦ Plan for 1-gallon of water per person per day.

✓ **Check health care supplies.** Have 2-weeks or more of medications and other supplies. Renew prescriptions if necessary.

Remember Emergency Survival Kits are available at Des Moines Activity Center for "low income" eligible seniors.

✓ **Plan home care for flu.** Have a thermometer, plenty of liquids and drinks to keep hydrated, alcohol hand rub or soaps, blankets, facemasks, and disposable gloves.

✓ **Talk with family about your pandemic and other emergency plans.**

*Consider ElderWatch's In-Home Watch
See page 4.*

✓ **Work with neighbors, share emergency contacts.** Identify those who may need special help, such as the elderly, people who live alone, or people with disabilities.

✓ **Get involved in planning and preparedness in your community.** Contact your public health department, neighborhood association, or faith-based organization.

Proud Member of the Washington State Association of Senior Centers

Stay home when sick!
Cover your coughs and sneezes!
Wash your hands often
Use alcohol based
hand sanitizers.

**LIMIT THE
SPREAD OF
GERMS**

**STAY
HEALTHY!**

Get Vaccinated Against Seasonal Flu.

Eat a Balanced Diet.

*Come dine with us, our nutritious lunches are served
Monday—Thursdays—see page 7
See if you qualify for Meals on Wheels—see page 4.*

Exercise Regularly.

Join Enhance Fitness Classes—see or our Walking Group — see page 9

Get Plenty of Rest & Stay Hydrated!

Did you know you can have your Blood Pressure checked monthly @ DMAC?

November Mondays	November Tuesdays	November Wednesdays	November Thursdays
2 Salisbury Steak Stewed Zucchini Mashed Potato Roll, Fruit Salad	3 Chicken Burrito Spanish Rice Jicama Salad, Fruit	4 Vegetable Soup Fish Florentine Vegetable Blend Roll, Blushing Pear	5 Chicken Fajita Refried beans, peas, carrots, banana Floured tortilla
9 Honey Mustard Chicken Sweet Potato Fri Vegetable Blend Roll, Fruit	10 Quiche Spinach/ Mushroom, Bran Muffin Potato Obrien, Fruit Veteran's Day	11  Closed for Veteran's Day	12 Fish/Peach Salsa Mexican rice, mixed veggies, fruit cock- tail, corn tortilla
16 French Dip Potato Salad Vegetable Blend Fruit	17 Clam Chowder Premavera Fish Vegetable Blend, Roll, Fruit Cobbler	18  Turkey & All the Fixins' (See side box for reservation info) November Birthdays	19 Pork/green mole sauce, lime rice, green salad, grapes, corn tortilla
23 Tuna Noodle Casserole Mixed Vegetable Roll, Fruit	24 Roast Beef Augratin Potato Vegetable Blend Roll, Fruit	25 Chicken Gumbo Rice, Green Salad Roll Fruit & Pudding	26 Closed For Thanksgiving (Home alone? See page X)
30 Swedish Meatball On Pasta Vegetable blend Roll, Fruit	<p align="center"> Thank You, Birthday Sponsors Aruba J Mind Body Wellness Center Des Moines Legacy Foundation Auntie Irene's Ice Cream Shoppe </p> 		
December Mondays	December Tuesdays	December Wednesdays	December Thursdays
	1 Mesquite Chicken, Broccoli Roasted Potato Roll & Fruit Cocktail	2 Lima Bean Soup Pork Carnita On Rice Cucumber Tomato Salad & Fruit	3 Chicken Posole Lettuce, onions Tostada shell, cake
7 Turkey Roast Sweet Potato Fri Vegetable blend Roll & Fruit	8 Philly Steak Sandwich Green Salad Fruit with Yogurt	9 Cream of Chicken Soup Chicken Salad Sandwich Cake w/Fruit	10 Seafood Soup (crab, shrimp, fish) Lime white rice Fruit cocktail
14 Meatloaf Mashed Potato Vegetable Blend Roll & Fruit	15 Chicken Teriyaki Asian Vegetable Blend, Rice Mandarin Orange	16  Holiday Luncheon  (See side box for reservation info) December Birthdays	17 Mexican beef soup Pinto beans, corn tortilla, corn cake
21 Sausage Gravy On a Biscuit Mixed Vegetable Fruit	22 Roast Beef Red Roasted Potato Vegetable Blend, Roll, Fruit, Cookie	23 Brunch instead of Lunch @ 10:30AM Building closing for floor refinishing @ 2	24 Closed For Winter Holiday and Floor Refinishing
28 Closed For Winter Holidays and Floor Refinishing	Turkey Tetrazini Vegetable Blend Roll, Peaches Warm Cinnamon	Clam Chowder Tuna Melt Green Pea Salad Fruit	31  Roast beef in red sauce, beans, salad, banana bread <i>Toast with US!</i>

DINING AT DES MOINES ACTIVITY CENTER FEATURES:



Companionship spiced with bubbling laughter and shared memories!

Lunch is served:

Monday—Thursday 12:00PM

*Reservation is not required.***

Suggested donation:

\$3.00 for adults age 60+.

Cost for those under age 60: \$5.75

Punch cards available from the Lunch Hostess.

Food stamps are not accepted!

Please help us make change—bring bills no larger than \$10 for lunch.

First time to Lunch?

Please check in with our volunteer hostess and fill the Lunch Participation Form—which includes your birth date!

**Registration for:

November 18, Thanksgiving Dinner opens Tuesday, November 3, 2009.

December 16, Holiday Dinner opens on Tuesday, December 1, 2009.

Call 206.878-1642 to book your place

Dining Alone on the Holidays?

See page 6 for an alternative!

Veterans Day Host:



Des Moines Legacy Foundation Supports Our Programs!

Fabulous Local Businesses donated to Bayside Brunch's 2009 Auction!

909 Coffee and Wine	Judy Wattenberg
Angie Mendez	Kaihana Restaurant Inc.
Angle Lake Cyclery	Kathy Arnold
Annie's Attic	Kathy Keene
Argosy Cruises	Katie Rulffes
Azteca Mexican Restaurant	Keith & Lou Noess
B & E Meats and Seafood's	Key Bank
Balloon Wizards & Baby Cakes NW	Kimberley's Exquisite Jewelry
Bank of America	Lago Azul
Benefit Auction Services	Les Schwab Tire Center
Benson's Best Bites	Lovely Nails
Breeders Theater	Madeleine Fulton
Brian & Jane Ipsen	Mama Stortini's Restaurant & Bar
Brown Bear Car Wash	Mandarin Kitchen
Budget Boutique	Marcie Mendez, Party Lite
Burien Trophy	Marenakos Rock Center
Carmen & Scotty Scott	Marine View Florist
CHOICE Advisory Services	Mark Restaurant & Bar
City of Des Moines Arts Commission	Marvin Osterhout, DDS
City of Des Moines Police Department	Mary Jo & Don Rulffes
CorkyCellars	Meridian Health Center
Dave's Diner & Brews	Michael & Joan Allan
Del Rivero	Michael Shaw
Des Moines Activity Center	Mike De Lorenzo
Des Moines Drug and Hallmark	Nancy Bogni
Des Moines Farmers Market	NAPA Auto Parts
Des Moines Vision Center	New & Not
Dick & Betty Lyons	Normandy Nutrition
Dimitriou's Jazz Alley	Ola Mae Crawford
Dino's Greek and Italiana Cuisine	PAC Stainless, Ltd.
Dukes Chowder House	Papa John's
Dunn Lumber	Park Place Restaurant
Elliott Bay Brewhouse & Pub	Pasta Freska on Westlake
Emerald Cove Catering Co.	Patrice Thorell
Fibermaster Carpet Cleaning	Pauline's Nail Spa
Florence McMullin	Peggy Burbridge
Furney's Nursery	Plush Pippin Pies
Grazie	Pristine Window & Gutter Cleaning
Hunting, Fisher & Co., P.S., C.P.A.'s	QFC, Des Moines
Jack in the Box	Quinault Beach Resort & Casino
Janet & Michael Grella	RAM Restaurant & Brewery
Janice Blackinton	Red Robin of Des Moines
Jean Thornber	Rock Bottom Restaurant and Brewery
Jeannie Montry	Safeway, Des Moines
Jim's Detail Shop	Salon Michelle
Joanne Knighton	Salty's Seafood Grill
Judson Park	Sharon Christopherson
Judy Mannard	Sharps Roaster & Ale House

Our 2009 Bayside Brunch Sponsors!

\$1,500: Budd Gould and Anthony's Restaurants
Snure Law Firm, PSC

\$1,000: Des Moines Drug & Hallmark
Judson Park Retirement Community
Mary Jo & Don Rulffes
Carmen & Lelant Scott

\$500: Hunting, Fisher, & Co. P.S., C.P.A.'s
Key Bank
Landmark on the Sound
State Farm Insurance-Charleen Schulz
Wesley Homes

\$250: Audio Video Technics
CHOICE Advisory Services
Sue Padden & Noel Morgan

\$100: PAC Stainless, Ltd.
Vicki Bergquist Insurance Agency, Inc.

Sidestreet Kitchen & Bar
Snure Law Office, P.S.C.
South King Fire & Rescue
Spice Island Trading Company
Stanford's Restaurant & Bar
Starbucks
State Farm Agent, Charleen Schulz
Stephanie Archeta, Avon
Stevan & Chris Odachowski
Steven & Susan Goegebuer
Sue Padden
T.M. Sell & Nancy Warren
The Cleaners
The Old Spaghetti Factory
The Tin Room, Bar and Grill
Thunderbird Hockey Enterprises, LLC
Trader Joe's
Trendsetters Salon
Tuscany at Des Moines
Uptown Glassworks
Vacation Internationale
Vera DeRosa
Vickie Bergquist Insurance Agency, Inc.
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Wild Birds Unlimited
WSU Alumni Association
Zenith Holland Gardens